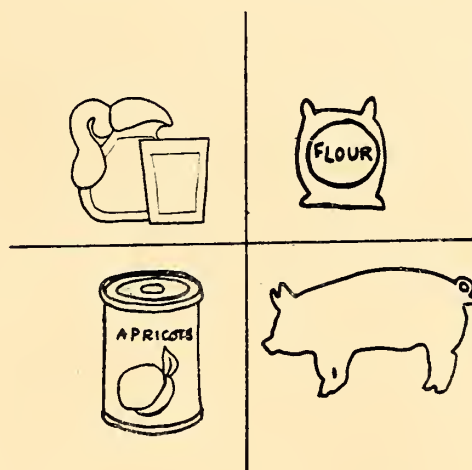


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COMMODITY COOKING

Menus & Recipes for Use with Donated USDA Commodities



USDA Food & Nutrition Service
Western Region
550 Kearny Street, Room 400
San Francisco, CA 94108

July 1985

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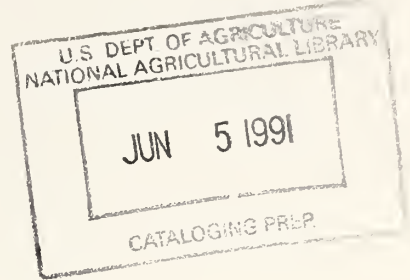
LIBRARY

Peggy Beier, Boise Field Location, had primary responsibility for this publication.

Technical editing by the Nutrition & Technical Services Staff.

The Food Distribution Program is available to all eligible individuals regardless of race, color, national origin, age, sex, or handicap.

Commodity Cooking (USDA-July 1985)



Preface

This recipe booklet was developed to aid in the use of USDA commodities donated to families. Menus and accompanying recipes were home tested by the author and average two to four adult servings. Some of the menus reflect foods available locally in the Boise, Idaho area. All of the recipes, however, use commonly available ingredients. To minimize the time spent in cooking, many foods are prepared in quantity and the menus have been planned to use the "planned over" portions on later days.

Sugar, fat, and salt were modified to the extent possible without altering the recipes. For diabetics and others with special diet needs: Please note that these recipes were developed for normal diets and further alterations may be required by those with special dietary needs.

Menus and recipes may be duplicated for educational purposes.

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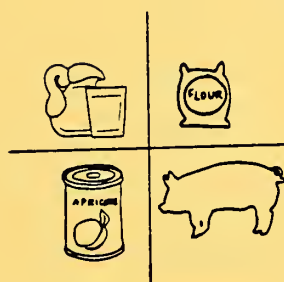
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Contents

Preface	1
USDA Commodities	3
Menus for 31 Days	5
Recipes	
Soups & Sandwiches	10
Salads	18
Sauces & Dressings	20
Vegetables	23
Main Dishes	26
Breads	36
Desserts	43
Breakfast Recipes	48
Index	56

USDA Commodities



COMMONLY USED USDA COMMODITIES

Beans	Macaroni
Great Northern, dry	
Pinto, dry	Meat
Vegetarian, canned	Beef, canned
	Meatball Stew, canned
Butter	Pork, canned
	Poultry, canned
Cheese, Process	
Corn Syrup	Milk
	Evaporated
Cornmeal	Nonfat Dry
Egg Mix	
	Peanut Butter, smooth
Farina	
	Peanuts, roasted
Flour	
All Purpose	Rice
Whole-Wheat	
	Rolled Oats
Fruit	
Applesauce, canned	Shortening, canned
Apricots, canned	
Fruit Cocktail, canned	Spaghetti
Peaches, canned	
Pears, canned	Vegetables
Pineapple, canned	Carrots, canned
	Corn, cream-style, canned
Honey	Corn, whole kernel, canned
	Green Beans, canned
Juice	Green Peas, canned
Apple, canned	Potatoes, dehydrated
Grapefruit, canned	Potatoes, whole, canned
Orange, canned	Pumpkin, canned
Pineapple, canned	Spinach, canned
Tomato, canned	Sweet Potatoes, canned
	Tomatoes, canned

EQUIVALENTS

1 ounce (1/4 cup) dry egg mix plus 1/4 cup water = 1 egg

1/3 cup nonfat dry milk plus 1 cup water = 1 cup nonfat milk

Menus for 31 Days

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

< DAY 1 >

BREAKFAST

Tomato Juice
Scrambled Egg
Enriched White Toast
w/butter
Lowfat Milk

LUNCH

Beef-Spaghetti Soup
Crisp Soda Crackers
Chilled Fruit Cocktail
Iced Tea

DINNER

Macaroni and Cheese
Green Peas
Carrot Sticks
Whole-Wheat Applesauce Cake
Lowfat Milk

< DAY 2 >

BREAKFAST

Orange Juice
Hot Oatmeal
Fresh Apple Cinnamon
Muffin
Lowfat Milk

LUNCH

Vegetable Soup with
Chicken and Rice
Grilled Cheese Sandwich
Whole-Wheat Applesauce Cake
Fruit Juice

DINNER

Beefy Gravy Over Rice
Peas & Carrots
Farina Doughnut
Lowfat Milk

< DAY 3 >

BREAKFAST

Grapefruit Juice
Cheese Omelette
Enriched White Toast
w/butter
Lowfat Milk

LUNCH

Beef-Spaghetti Soup
Chilled Apricots
Peanut Butter and Honey
Sandwich
Lowfat Milk

DINNER

Chicken Tetrazzini
Tossed Green Salad
Whole-Wheat Applesauce Cake
Lowfat Milk

< DAY 4 >

BREAKFAST

Orange Juice
Farina w/honey
Doughnuts without Holes
Lowfat Milk

LUNCH

Vegetable Soup with
Chicken and Rice
Chilled Peaches
Quick Raisin Bread
Iced Tea

DINNER

Beef Roll
Cheese Potato Balls
Hot Cooked Spinach
Fresh Fruit
Lowfat Milk

< DAY 5 >

BREAKFAST

Pineapple Juice
Peanut Butter French Toast
Lowfat Milk

LUNCH

Tuna Salad Sandwich
Fruit Cocktail
w/cottage cheese
Lemonade

DINNER

Lima Bean Soup with Ham
Hot Cornbread
Carrot Sticks
Lowfat Milk

< DAY 6 >

BREAKFAST

Grapefruit Juice
Poached Egg on toast
Lowfat Milk

LUNCH

Herbed Tomato Soup
Beef Roll
Chilled Peaches
Lemonade

DINNER

Meatloaf with
Spinach Surprise
Mashed Potatoes
Enriched Roll
Fresh Fruit
Lowfat Milk

< DAY 7 >

BREAKFAST

Pineapple Juice
Basic Biscuit w/butter
Lowfat Milk

LUNCH

Meatloaf with Spinach
Surprise Sandwich
Herbed Tomato Soup
Fruit Juice

DINNER

Peggy's Pasta and Pork
Green Beans
Fresh Fruit
Lowfat Milk

< DAY 8 >

BREAKFAST

Apple Juice
Beefy-Cheesy Potato
Pancakes
Lowfat Milk

LUNCH

Lima Bean Soup with Ham
Cornbread
Orange Wedges
Iced Tea

DINNER

Creamy Chicken-Rice
Casserole
Steamed Peas
Farina Doughnut
Lowfat Milk

< DAY 9 >

BREAKFAST

Orange Juice
Farina w/bacon pieces
Enriched White Toast
w/butter
Lowfat Milk

LUNCH

Herbed Tomato Soup
Creamy Chicken-Rice Casserole
Apple Wedges
Iced Tea

DINNER

Venison Steak
Hot Cooked Spinach
Acorn Squash
Prune-Filled Oatmeal Bar
Lowfat Milk

< DAY 10 >

BREAKFAST

Grapefruit Juice
Egg A La King on toast
Lowfat Milk

LUNCH

Marinated Green Bean Salad
Tuna Salad Sandwich
Fresh Fruit
Lowfat Milk

DINNER

Meatball Stew Pot Pie
Tossed Green Salad
Plum Pudding
Lowfat Milk

< DAY 11 >

BREAKFAST

Orange Wedges
Hot Oatmeal
Enriched White Toast
w/butter
Lowfat Milk

LUNCH

Grilled Cheese Sandwich
Peaches w/cottage cheese
on lettuce
Fruit Juice

DINNER

Chicken Enchilada
Refried Beans
Tossed Green Salad
Lowfat Milk

< DAY 12 >

BREAKFAST

Orange Juice
Basic Biscuit
w/Creamy Hamburger Gravy
Lowfat Milk

LUNCH

Tuna Salad Supreme
Roll or Bread w/butter
Apple Juice

DINNER

Spaghetti Pie
Tossed Green Salad
Prune-Filled Oatmeal Bar
Lowfat Milk

< DAY 13 >

BREAKFAST

Orange Juice
Dry Cereal
Prune-Filled Oatmeal Bar
Lowfat Milk

LUNCH

Frankinbean Soup
Enriched Roll w/butter
Tossed Green Salad
Chilled Apricots
Iced Tea

DINNER

Venison Steak
Green Beans
Fry Bread
Plum Pudding
Lowfat Milk

< DAY 14 >

BREAKFAST

Pineapple Juice
Oatmeal Pancakes
Lowfat Milk

LUNCH

Spaghetti Pie
Celery Sticks
Orange Wedges
Iced Tea

DINNER

Grilled Hamburger
Potato Salad
Vegetarian Beans w/bacon
Plum Pudding
Lowfat Milk

< DAY 15 >

BREAKFAST

Tomato Juice
Cheese Omelette
Whole-Wheat Toast w/butter
Lowfat Milk

LUNCH

Wiener Wraps
Refried Beans
Tossed Green Salad
Farina Cookies
Fruit Juice

DINNER

Stuffed Cabbage Roll
Carrots
Honey Loaf
Chilled Fruit Cocktail
Lowfat Milk

< DAY 16 >

BREAKFAST

Grapefruit Juice
Farina w/applesauce
Refrigerator Oatmeal
Muffin
Lowfat Milk

LUNCH

Stuffed Cabbage Roll
Enriched Roll w/butter
Carrot Sticks
Pinto Bean Fiesta Cake
Iced Tea

DINNER

Beanie-Wienie-Veggie
Bean Bake
Potato Salad
Apple Wedges
Lowfat Milk

< DAY 17 >

BREAKFAST

Orange Juice
Individual Indian Pudding
Lowfat Milk

LUNCH

Venison Sandwich
w/split fry bread
Chilled Apricots
Farina Cookies
Iced Tea

DINNER

Fried Chicken
Baked Acorn Squash and
Applesauce
Pinto Bean Fiesta Cake
Lowfat Milk

< DAY 18 >

BREAKFAST

Apple Juice
Cooked Rice Cereal
Whole-Wheat Toast w/butter
Lowfat Milk

LUNCH

Creamy Potato Soup
Peanut Butter-Apple Sandwich
Pears w/cottage cheese
on lettuce
Lemonade

DINNER

Chili Con Carne
Cornmeal Muffin
Tossed Green Salad
Orange Wedges
Lowfat Milk

< DAY 19 >

BREAKFAST

Orange Juice
Creamed Tuna on toast
Lowfat Milk

LUNCH

Fried Chicken
Carrot & Celery Sticks
Pinto Bean Fiesta Cake
Iced Tea

DINNER

Pork Tacos
Corn
Apricot Cobbler
Lowfat Milk

< DAY 20 >

BREAKFAST

Pineapple Juice
Hot Oatmeal
Quick Raisin Bread
Toast w/butter
Lowfat Milk

LUNCH

Chili Con Carne
Soda Crackers
Tossed Green Salad
Farina Cookies
Lemonade

DINNER

Potato Crust Meat and
Cheese
Hot Green Beans
Apricot Cobbler
Lowfat Milk

< DAY 21 >

BREAKFAST

Chilled Pears
Dry Cereal
Lowfat Milk

LUNCH

Macaroni and Cheese
Celery Sticks
Chilled Peaches
Orange Juice

DINNER

Chicken Vegetable Chowder
Cornmeal Muffin
Apricot Cobbler
Lowfat Milk

< DAY 22 >

BREAKFAST

Tomato Juice
Scrambled Egg w/cheese
Fried Sliced Potatoes
Lowfat Milk

LUNCH

Cheesy Broccoli Soup
Quick Raisin Bread
Apple Wedges
Iced Tea

DINNER

Beef Enchilada
Tossed Green Salad
Farina Cookies
Lowfat Milk

< DAY 23 >

BREAKFAST

Grapefruit Juice
Dry Cereal
Refrigerator Oatmeal Muffin
Lowfat Milk

LUNCH

Macaroni and Cheese
Whole-Wheat Bread w/butter
Chilled Pears on lettuce
Iced Tea

DINNER

Pork Balls Tempura
Hot Cooked Spinach
Fried Rice
Deep-Dish Plum Pie
Lowfat Milk

< DAY 24 >

BREAKFAST

Orange Juice
Poached Egg
on whole-wheat toast
Lowfat Milk

LUNCH

Herbed Tomato Soup
Potato Crust Meat and Cheese
Orange Wedges
Iced Tea

DINNER

Spaghetti and Meatballs
Garlic Bread
Tossed Green Salad
Farina Cookies
Lowfat Milk

< DAY 25 >

BREAKFAST

Pineapple Juice
Cornmeal French Toast
Lowfat Milk

LUNCH

Creamy Corn Chowder
Beef Enchilada
Carrot and Celery Sticks
Iced Tea

DINNER

Venison Roast
Broccoli
Maple-Baked Limas
Deep-Dish Plum Pie
Lowfat Milk

< DAY 26 >

BREAKFAST

Orange Juice
Hot Oatmeal w/honey
Whole-Wheat Toast w/butter
Lowfat Milk

LUNCH

Peanut Butter and Honey
Sandwich
Orange Wedges
Lowfat Milk

DINNER

Cheesy Macaroni and
Salmon Pie
Tossed Green Salad
Deep-Dish Plum Pie
Lowfat Milk

< DAY 27 >

BREAKFAST

Apple Juice
Farina Pancakes
Lowfat Milk

LUNCH

Creamy Corn Chowder
Enriched Roll w/butter
Chilled Peaches
w/cottage cheese
Iced Tea

DINNER

Venison Roast
Baked Sweet Potatoes
Chilled Pears
Lowfat Milk

< DAY 28 >

BREAKFAST

Grapefruit Juice
Hard-Cooked Egg
Quick Raisin Bread Toast
w/butter
Lowfat Milk

LUNCH

Vegetable-Macaroni Soup
Grilled Cheese Sandwich
Chilled Plums
Iced Tea

DINNER

Chicken Baked
in Cornflakes
Chilled Applesauce
Hot Cooked Spinach
Doughnuts without Holes
Lowfat Milk

< DAY 29 >

BREAKFAST

Orange Juice
Bacon Spoon Bread
Lowfat Milk

LUNCH

Corn Dog
Vegetarian Beans
Plum Pudding
Iced Tea

DINNER

Skillet Macaroni
Green Beans
Chat-and-Chew Bar
Lowfat Milk

< DAY 30 >

BREAKFAST

Pineapple Juice
French Toast w/syrup
Lowfat Milk

LUNCH

Cheese Chowder
Chicken Baked in Cornflakes
Hot Cooked Spinach
Apple Wedges
Iced Tea

DINNER

Salmonburger
Tossed Green Salad w/tomatoes
Chat-and-Chew Bar
Lowfat Milk

< DAY 31 >

BREAKFAST

Orange Juice
Peanut Butter-Cornmeal Pancakes
Lowfat Milk

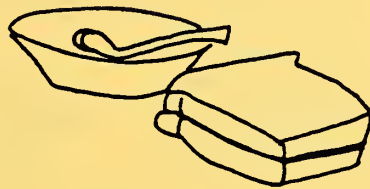
LUNCH

Hot Dog w/bun
Potato Salad
Orange Wedges
Iced Tea

DINNER

Chicken Breast
and Stuffing Casserole
Sweet Potatoes
Chilled Fruit Cocktail
Chat-and-Chew Bar
Lowfat Milk

Soups & Sandwiches



HERBED TOMATO SOUP

Makes 4 servings

3 cups tomato juice	1/2 teaspoon dried thyme, crushed
1 beef bouillon cube	1 cup water
1 teaspoon dried basil, crushed	1/8 teaspoon pepper
1/2 teaspoon sugar	chopped chives (optional)

In a saucepan, combine tomato juice, bouillon, basil, sugar, thyme, water, and pepper. Bring to boil; reduce heat. Simmer, uncovered, about 20 minutes. Garnish with chives.

LIMA BEAN SOUP WITH HAM

Makes 9 servings

1 pound (2 1/2 cups) dry lima beans, soaked*	1 cup carrots, chopped
8 cups water	1 cup celery, sliced
1 1/2 pounds meaty ham hocks or	1/2 cup onion chopped
3/4 pound (2 1/4 cups) cubed ham	3/4 teaspoon thyme, crushed
2 cups potatoes, peeled, cubed	salt and pepper to taste
	bottled hot pepper sauce to taste

In 4 quart dutch oven, combine soaked beans and water. Bring to boil. Add ham. Reduce heat, cover and simmer for 1 hour. (If using ham hocks, remove and cool. Cut off meat and coarsely chop. Discard bones and return meat to pan.) Add vegetables and seasonings and simmer 30 minutes or until vegetables are tender.

* Soaking Methods:

One Hour Hot Soak Method.

To 1 pound dry beans, any variety, add 8 cups water. Heat to boiling, boil 2 minutes. Remove from heat, cover and allow to soak for 1 hour. Drain before cooking.

Overnight Method.

To 1 pound dry beans, add 6 cups cold water. Let stand overnight or for several hours. Drain before cooking.

CREAMY POTATO SOUP

Makes 4 servings

1 1/2 Tablespoons butter or margarine	1/8 teaspoon pepper
2 Tablespoons finely chopped onion or 1 teaspoon instant onion	3 1/2 cups milk*
1 teaspoon salt	1 1/3 cups mashed potato flakes
1/4 teaspoon celery salt	parsley and paprika (optional)

In a medium saucepan, heat to scalding, butter, onion, salt, celery salt, pepper, and milk. Stir in potato flakes; continue cooking until smooth, stirring constantly. Soup should be consistency of heavy cream. Pour into soup dishes, garnish with parsley and paprika.

CHICKEN-VEGETABLE CHOWDER

Makes 4 servings

3 Tablespoons butter or margarine	1 cup canned chicken
1/3 cup flour	dash pepper
2 (10 2/3 oz) cans chicken broth	1 cup cooked mixed vegetables
2 cups milk*	1/2 cup canned potatoes, cubed

In 3 quart saucepan, melt butter; blend in flour. Add chicken broth and milk. Cook, stirring, until slightly thickened. Cook, stirring, 2 minutes longer. Stir in remaining ingredients; heat through.

CHEESY BROCCOLI SOUP

Makes 4 servings

1 (10 oz) package frozen chopped broccoli	1 teaspoon lemon juice (optional)
1 (10 3/4 oz) can cream of mushroom soup	1/4 teaspoon dried tarragon, crushed
1 1/4 cups milk*	1/8 teaspoon pepper
	1 cup shredded cheese

In large saucepan, cook broccoli according to package directions, drain. Add soup, milk, lemon juice, tarragon, and pepper. Heat through. Stir in cheese and stir until melted and well blended.

* reconstituted nonfat dry milk

CREAMY CORN CHOWDER

Makes 4 servings

1 (17 oz) can cream-style corn	1 teaspoon minced onion
1 (13 oz) can evaporated milk	dash pepper
1 (12 oz) can whole kernel corn, undrained	cooked bacon pieces (optional)

In a saucepan, combine cream-style corn, milk, undrained whole kernel corn, onion, and pepper. Heat, stirring constantly. Top each serving with cooked bacon pieces. If soup is too thin, thicken with instant potato flakes.

Variation: Add 1 cup mixed vegetables and/or 2 wieners, sliced.

CHEESE CHOWDER

Makes 6 servings

1/2 cup coarsely shredded carrots	1/4 cup flour
1/2 cup chopped celery	2 cups milk*
3/4 cup boiling water	1 (13 1/2 oz) can chicken broth
1/4 cup chopped onion	1 1/2 cups shredded cheese
3 Tablespoons butter or margarine	chopped parsley (optional)

Cook carrots and celery in boiling water until tender; do not drain. Set aside. Meanwhile, cook onion in butter until tender but not brown; stir in flour. Gradually add milk and cook, stirring constantly, until thick. Add broth, cheese, and vegetables (with cooking liquid). Cook over low heat, stirring constantly, until cheese melts. Garnish with parsley.

VEGETABLE-MACARONI SOUP

Makes 4 servings

1 1/2-2 pounds beef soup bones	1 cup chopped cabbage
1 Tablespoon shortening or oil	2-3 carrots, sliced
1 quart cold water	1 cup cut green beans
1 small onion, quartered	1/2 cup chopped celery
salt and pepper to taste	1/8 cup uncooked rice
1 cup canned tomatoes, undrained	1 cup uncooked macaroni

Cut half the meat from bones and brown in hot shortening. Add remaining meat and bone to cold water. Add browned meat, onion, salt, and pepper; Cover and cook slowly for 2 hours. Add vegetables, rice, and macaroni; continue cooking until vegetables, rice, and macaroni are tender.

* reconstituted nonfat dry milk

FRANKINBEAN SOUP

Makes 3 servings

3/4 cup chopped celery
3/8 cup chopped onion
1/4 cup water

1 (16 oz) can vegetarian beans
1 cup milk*
1/8 cup chili sauce
4 wieners, sliced

In a saucepan, combine celery, onion, and water. Cook 10 minutes or until vegetables are tender. Mash beans slightly and stir into saucepan with vegetables. Stir in milk and chili sauce. Stir in wieners; heat through.

BEEF-SPAGHETTI SOUP

Makes 2 servings
about 1 cup each

1 stalk celery with leaves
1 small carrot
2 cups beef broth (2 cubes beef bouillon and 2 cups hot water)

2/3 cup canned or cooked beef
4 ounces uncooked spaghetti

Dice celery and carrot. Heat broth to boiling. Add all ingredients. Boil gently about 15 minutes until vegetables and spaghetti are tender.

Note: If soup gets too thick with cooking, add 1/2 cup water and more beef flavor using bouillon cube; adjust flavors as desired.

VEGETABLE-BEEF SOUP

Makes 4 servings

1 cup water and 1 cube beef bouillon
2 stalks celery, chopped
1/2 cup onion, chopped
1 carrot, chopped

1/4 small head cabbage, chopped
1 1/2 cups water
1 cup canned tomatoes
2 Tablespoons uncooked rice
1/2 pound ground beef

Put water and bouillon cube in a large pan and bring to boil. Add next 6 ingredients. Bring to boil and add rice. Lower heat. Cover and cook 30 minutes or until rice and vegetables are tender. Meanwhile, cook ground beef in skillet. Drain off all fat. Add ground beef to soup pot. Heat about 5 minutes. Lightly season, if desired.

* reconstituted nonfat dry milk

VEGETABLE SOUP WITH CHICKEN AND RICE

Makes 4 servings

2 cups chicken broth (homemade stock or 2 cubes chicken bouillon and 2 cups hot water)	1/2 cup canned tomatoes, undrained
1/4 cup onion, chopped	1 cup canned whole kernel corn, undrained
1 small carrot, chopped	1/2 cup uncooked rice
	1 cup canned chicken, cut-up

Heat broth to boiling. Add onion, carrot, tomatoes, corn, and rice. Cover and boil gently about 30 minutes until vegetables and rice are tender. Add chicken. Simmer gently a few minutes to blend flavors.

TUNA SALAD SANDWICH

Makes 4 sandwiches

1 (6 1/2 oz) can tuna, drained	3 Tablespoons mayonnaise
1/4 cup chopped celery	1/8 teaspoon pepper
1/4 teaspoon lemon juice	
1/4 cup chopped dill pickle	8 slices bread

Mix first 6 ingredients well. Spread about 1/4 cup of the tuna mixture on each of 4 bread slices. Top with remaining bread slices.

PEANUT BUTTER AND HONEY SANDWICH

Makes 2 sandwiches

1/3 cup peanut butter	1/8 cup chopped peanuts (optional)
1/3 cup honey	4 slices bread

Mix peanut butter and honey in a bowl. Stir in peanuts. Spread half the mixture on each of 2 bread slices. Top with remaining bread slices.

GRILLED CHEESE SANDWICH

Makes 2 sandwiches

4 slices bread	2 slices (about 2 oz) process cheese,
butter or margarine	cut to fit slices of bread

Spread 2 bread slices with butter. Put a slice of cheese between bread slices, buttered side on the outside. Put sandwiches in frying pan and cook over low heat until cheese melts and sandwiches are lightly browned on one side, turn sandwiches and brown other side.

PEANUT BUTTER-APPLE SANDWICH

Makes 2 sandwiches

1/4 cup peanut butter	4 slices bread
2/3 cup apple, unpared, chopped	

Mix peanut butter and apple. Spread half of the mixture on each of 2 bread slices. Top with remaining bread slices.



PEANUT BUTTER-BANANA SANDWICH

Makes 2 sandwiches

1/4 cup peanut butter 4 slices bread
1 small banana, mashed

Mix peanut butter and banana. Spread half of the mixture on each of 2 bread slices. Top with remaining bread.

CORN DOGS

Makes 4 servings

1 cup cornmeal 1 cup water
1 cup flour 1 egg, slightly beaten
2 teaspoons baking powder 2 Tablespoons oil
1/2 cup nonfat dry milk 8 wieners
oil or shortening for deep frying

Mix cornmeal, flour, baking powder, and dry milk. Add water, egg, and oil; stir until mixed. Dip wieners into batter, one at a time, letting excess batter drain over bowl. Fry in heated oil for 2-3 minutes, until browned. Turn once. Remove from oil and drain on paper towels.

WIENER WRAPS

Makes 4 servings

1 1/4 cups MASTER MIX 1/4 cup cold water
(see Bread section) 8 wieners

Heat oven to 450°F. Mix MASTER MIX and water until soft dough forms; beat vigorously 20 strokes. Gently shape dough into ball on floured board. Knead 5 times.

To knead:

First put a little flour on smooth surface and on hands. Put dough on surface. Gently press the dough away from you and then back towards you with palms of hands. Then, turn dough slightly around and repeat.

Roll dough into a 13 inch circle. Cut circle into 8 wedges. Place a wiener on each wedge; roll up, beginning at wide end. Seal end by pinching point into roll. Bake on ungreased cookie sheet until golden brown, about 15 minutes. Serve with mustard and catsup, if desired.

Variation: About 5 minutes before WIENER WRAPS are done, cut 4 cheese slices in half to make 8 strips. Place a strip of cheese on top of each WIENER WRAP and allow to finish baking a few more minutes until cheese melts.

Salads



MARINATED GREEN BEAN SALAD

Makes 2 servings

2 Tablespoons onion, finely chopped	dash of salt and pepper
1 Tablespoon vinegar	1 cup canned green beans, drained
1 teaspoon oil	

Mix onion, vinegar, oil, salt, and pepper. Pour over beans, stir to mix. Chill before serving.

TUNA SALAD SUPREME

Makes 4 servings

2/3 cup uncooked macaroni	1/4 cup green pepper, diced
1 (6 1/2 oz) can tuna, drained	1/4 cup mayonnaise
1/2 cup cheese, cubed	1/4 cup MOCK SOUR CREAM
1/2 cup celery, diced	(see Sauces & Dressings section)
1/4 cup chopped onion	2 Tablespoons vinegar

Cook macaroni; drain and rinse in cold water. Toss macaroni, tuna, cheese, and vegetables. Blend mayonnaise, sour cream, and vinegar. Fold into macaroni mixture. Cover and chill.

POTATO SALAD

Makes 4 servings

3-4 medium potatoes, peeled, cooked, and cubed	1/4 cup chopped pickles
3 eggs, hard-cooked and chopped	3/4 cup mayonnaise
1/3 cup minced onion	1 teaspoon prepared mustard
1 cup celery, chopped	salt and pepper to taste

In large bowl, combine all ingredients. Toss lightly. Cover and chill until serving time. Refrigerate leftover promptly.

Variations: Add any of the following -- green pepper, radishes, tomato, zucchini.

Sauces & Dressings



ORANGE BLOSSOM BUTTER

Makes 1 cup

1/4 cup light corn syrup 1/2 cup butter or margarine
3 Tablespoons frozen orange juice
concentrate

Blend all ingredients until smooth and creamy. Store in covered container in refrigerator. A tasty spread for bread or pancakes.

HONEY-BUTTER SAUCE

Makes 3/4 cup

1/4 cup butter or margarine 1/4 cup lemon juice
1/4 cup honey

Melt butter in saucepan. Add honey and lemon juice. Blend until smooth. Store in covered container in refrigerator.

LEMON-BUTTER SAUCE

Makes 3/8 cup

1/4 cup butter or margarine 2 Tablespoons lemon juice

Melt butter in saucepan; add lemon juice. Blend well. Serve hot. Store in covered container in refrigerator.

MAPLE FLAVORED SYRUP

Makes 1 1/2 cups

1 cup light corn syrup maple flavoring to taste
1/2 cup brown sugar 1 Tablespoon butter or margarine
1/2 cup water

Mix corn syrup, brown sugar, and water in saucepan. Cook and stir until dissolved. Mix in maple flavoring and butter. Serve warm, if desired.

TARTAR SAUCE

Makes 1 cup

1 cup mayonnaise 1 Tablespoon minced parsley
2 teaspoon grated onion 2 teaspoons cut-up pimiento (optional)
2 Tablespoons minced dill pickle

Mix all ingredients, blending well. Store in covered container in refrigerator. A tasty sauce with fish.

TOMATO SAUCE

Makes 1 cup

2 teaspoons grated onion	1 cup tomato juice
2 Tablespoons butter or margarine	1/8 teaspoon celery salt
2 Tablespoons flour	1/4 teaspoon worcestershire sauce

Brown onion in butter; blend in flour and cook until mixture bubbles. Add remaining ingredients; cook until thick, stirring constantly. Store in covered container in refrigerator.

BASIC SALAD DRESSING

Makes 5 cups

1/4 cup flour	2 eggs, slightly beaten
2 teaspoons dry mustard	1 cup vinegar
1/2 teaspoon salt	1/2 cup boiling water
2 Tablespoons sugar	2 2/3 cups evaporated milk
1/4 teaspoon pepper	

Mix flour, mustard, salt, sugar, and pepper together in a saucepan. Add eggs. Beat until smooth. Mix vinegar and boiling water separately. Stir vinegar-water mixture into egg mixture. Cook over low heat for 10 minutes, stirring frequently. Cool. Add evaporated milk. Pour into a jar or container to hold 5 cups. Cover tightly. Refrigerate until needed. Stir before using. Serve with lettuce or vegetable salads, etc.

FRUIT SALAD DRESSING

Makes 1 1/2 cups

1/2 cup sugar	3 Tablespoons lemon juice
1 Tablespoon flour	3/4 cup pineapple juice
1 egg*, beaten	

Mix sugar and flour thoroughly. Stir in egg, lemon juice, and pineapple juice. Cook over low heat, stirring constantly, until thickened. Chill. Serve over fresh, frozen (thawed), or canned fruits such as pineapple chunks, cherries, peaches, pears, etc.

* Do not substitute with dry egg mix.

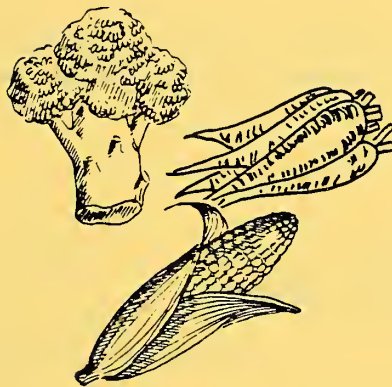
MOCK SOUR CREAM

Makes 1 cup

1 cup nonfat dry milk	1 Tablespoon vinegar
1/2 cup warm water	

Mix all ingredients until smooth. Chill in refrigerator until thickened. Store in covered container in refrigerator.

Vegetables



CHEESE-POTATO BALLS

Makes 4 servings

3 cups mashed potato flakes	1/2 cup milk*
1 1/2 cups water	16 - 1/2 inch cubes (about 8 oz) cheese
2 Tablespoons butter or margarine	4 Tablespoons butter or margarine, melted

Heat oven to 400°F. Measure 1/2 cup potato flakes; set aside. Heat water and 2 Tablespoons butter to boiling in saucepan. Remove from heat; stir in milk and the remaining 2 1/2 cups potato flakes. Potatoes will be stiff. Form into 16 balls, shaping potatoes by heaping tablespoonfuls around a cube of cheese. Roll balls in melted butter and then in reserved potato flakes. Place on baking sheet; sprinkle with paprika, if desired. Bake 10-15 minutes until lightly browned.

Note: Balls can be prepared and shaped in advance. Store in refrigerator for up to 4 hours. Roll in butter and potato flakes just before baking.

REFRIED BEANS

Makes 10 servings

1/2 pound dried pinto or kidney beans	1/4 cup onion, chopped
	shredded cheese
3-4 cups water to soak beans	
1/4 cup hot bacon drippings or margarine	

Soak beans using either method given with LIMA BEAN SOUP WITH HAM (see Soups & Sandwiches section). Add water enough to cover beans. Bring beans to boil; cover and simmer gently with lid tilted until tender (about 3 hours). Mash beans with potato masher. Stir in bacon drippings and onion. Mix well. Continue cooking, stirring frequently, until beans are thickened and drippings are absorbed. Top with shredded cheese and serve as a side dish.

Variation: Add chili powder, diced green chilies, and tomato sauce to taste. Place in greased baking dish, sprinkle with cheese and keep in warm oven until ready to serve.

* reconstituted nonfat dry milk

BAKED ACORN SQUASH AND APPLESAUCE

Makes 2 servings

1 (about 2 lb) acorn squash	4 Tablespoons brown sugar
1/8 teaspoon salt	1 teaspoon butter or margarine
1/2 cup applesauce	

Halve and seed acorn squash. Place cut side down in a shallow baking pan. Bake in a 350°F oven for 30 minutes. Turn cut sides up; sprinkle with salt. Mix applesauce, brown sugar, and butter. Spoon half of the mixture into each squash half. Bake 20-30 minutes longer.

MAPLE-BAKED LIMAS

Makes 4 servings

1/2 pound (1 1/4 c) dry lima beans	1/4 cup catsup
3-4 cups water to soak beans	1/2 Tablespoon worcestershire sauce
1/2 cup chopped onion	1/8 teaspoon salt
4 slices (about 4 oz) bacon, diced	1/8 teaspoon pepper
1/4 cup MAPLE FLAVORED SYRUP	1 bay leaf
(see Sauces & Dressings section)	

Prepare beans using either method given with LIMA BEAN SOUP WITH HAM (see Soups & Sandwiches section). Drain beans, reserving 1/2 cup liquid. Add beans and reserved liquid to soup pot or slow cooker. Stir in remaining ingredients. Cover; cook over low heat setting for 8-10 hours. Remove bay leaf.

FRIED RICE

Makes 2 servings

1 egg**	1/2 cup onion, chopped
2 Tablespoons oil or shortening	2 Tablespoons soy sauce
2 cups cold cooked rice	3/4 teaspoon sugar
liquid from canned pork	1/8 teaspoon salt
	1/8 teaspoon pepper

Scramble egg with 1 Tablespoon oil in skillet until firm. Cut into shreds. Place 1 Tablespoon oil, cold rice, and shredded egg in skillet and fry about 10 minutes, turning carefully to avoid breaking rice. Add remaining ingredients. Stir and cook over moderate heat for about 5 minutes or until mixture is hot.

** or dry egg mix equivalent

Main Dishes



MACARONI AND CHEESE

Makes 4 servings

2 Tablespoons butter or margarine	1/2 teaspoon dry mustard
1/4 cup flour	1 1/2 cups shredded cheese
2 cups milk*	3 cups cooked macaroni

Melt butter in saucepan. Mix in flour. Add milk slowly, stirring constantly, and cook over medium heat until sauce starts to boil. Lower heat and cook until thickened, about 3 minutes. Add mustard and cheese and stir over low heat until cheese melts. Mix in cooked macaroni and heat through.

BEEFY GRAVY OVER RICE

Makes 2 servings

1 cup canned beef	1/4 cup water
1 (10 1/2 oz) can cream of mushroom soup	2 cups hot cooked rice

Brown beef in skillet in small amount of own canned fat and juices. Stir in soup. Heat through. Add water, (small amount at a time) to adjust to the consistency desired. Serve over hot cooked rice.

CHICKEN TETRAZZINI

Makes 2 servings

2 Tablespoons chopped onion	2 cups cooked spaghetti
2 teaspoons butter or margarine	1 cup canned chicken
1 (10 1/2 oz) can cream of mushroom soup	2 Tablespoons chopped pimiento (optional)
1/2 cup water	1 Tablespoon chopped parsley (optional)
1/2 cup shredded cheese	parmesan cheese (optional)

In a medium saucepan, cook onion in butter until tender. Blend in soup, water, and cheese. Cook over low heat until cheese is melted; stir often. Add spaghetti, chicken, pimiento, and parsley; heat. Sprinkle parmesan cheese on top.

* reconstituted nonfat dry milk

BEEF ROLL

Makes 6 servings

1 1/2 cups flour	about 1/2 cup milk*
2 teaspoons baking powder	2 Tablespoons chopped onion
1/4 cup shortening or butter	1/2 (29 oz) can finely chopped beef

Mix flour, baking powder, and shortening well with a fork until crumbly. Add most of the milk and stir. Add more milk as needed to make dough soft but not sticky. Knead dough 10-12 times and form into ball. (For instructions on kneading, see WIENER WRAP recipe in Soups & Sandwiches section.) Pat or roll out dough to 1/4 inch thickness. Mix onion and beef. Spread evenly over the dough. Roll like a jelly roll. Cut roll into 6 slices. Place on greased baking pan, cut side down. Bake at 450°F for 20 minutes, until dough is golden brown. Serve with hot gravy, if desired.

MEATLOAF WITH SPINACH SURPRISE

Makes 6 servings

1 (10 1/2 oz) can cream of mushroom soup	1 egg, slightly beaten
2 pounds ground beef	1/2 (1 lb) can spinach, <u>well-drained</u> ; press out juices
1/2 cup fine dry bread crumbs	1/4 cup shredded cheese
1/2 cup chopped onion	1/3 cup water

Mix thoroughly 1/2 cup soup, beef, bread crumbs, onion, and egg. Shape firmly into loaf and form an indentation in the center for the filling. Mix spinach and cheese and place in the center. Close the meat around the filling. Place loaf in a 9x5x3 inch loaf pan; bake at 375°F for 1 1/2 hours, or until done. Blend in a small saucepan the remaining soup and water. Heat; stirring occasionally. Serve sauce with sliced meatloaf.

PEGGY'S PASTA AND PORK

Makes 2 servings

1 cup hot, cooked macaroni, drained	1 cup milk*
1/8 cup chopped onion	1 1/2 Tablespoons flour
1 cube beef bouillon	1 cup canned pork

Put drained macaroni in saucepan. Add chopped onion. Dissolve bouillon in 1/2 cup milk. In a separate bowl, mix the flour with the other 1/2 cup milk until smooth. Stir both milk mixtures into the macaroni. Cook and stir gently until thickened. Add pork. Heat through, stirring to keep from sticking.

* reconstituted nonfat dry milk

CREAMY CHICKEN-RICE CASSEROLE

Makes 4 servings

1/4 cup chopped onion	1 1/2 cups cooked rice
3 Tablespoons butter or margarine	1 1/2 cups canned chicken
2 Tablespoons flour	1/8 cup diced pimiento (optional)
1 (4 oz) can mushroom stems and pieces, undrained (optional)*	1 Tablespoon chopped parsley (optional)
chicken broth (1 cube chicken bouillon plus 1 cup boiling water)	1/4 teaspoon salt
3/4 cup evaporated milk	1/8 teaspoon pepper
	1 cup slivered, blanched almonds (optional)

In saucepan, cook onion in butter until tender but not brown. Remove from heat. Stir in flour. Drain mushrooms, reserving liquid. Add enough chicken broth to mushroom liquid to measure 3/4 cup; gradually stir into flour mixture. Add evaporated milk. Cook and stir until thick. Add mushrooms, rice, chicken, pimiento, parsley, salt, and pepper. Place in 1 quart casserole. Sprinkle with almonds. Bake at 350°F for 25-30 minutes.

* If mushrooms are not used, use 3/4 cup chicken broth only.

MEATBALL STEW POT PIES

Makes 2 servings

1 recipe double pie crust*	1/2 (10 1/2 oz) can cream of mushroom soup
1/2 (24 oz) can meatball stew	water

Prepare pie crust according to directions. Mix stew with soup and add enough water to make mixture easy to stir. Divide pie crust into 4 balls for lower and upper crust. Fit pastry into 6 ounce pie plates. Divide the meatball stew mix between the 2 pies. Cut slits in upper crust. Fit loosely over filling and seal edges. Bake in 425°F oven for 30 minutes or until done.

* Use your own recipe or commercial pie crust mix.

CHICKEN ENCHILADAS

Makes 2 servings

- | | |
|---|--|
| 1 (10 3/4 oz) can cream of chicken soup | 1/4 cup MOCK SOUR CREAM (see Sauces & Dressings section) |
| 1 cup whole kernel corn, drained | 2 Tablespoons milk* |
| 2 Tablespoons sliced green onions | 4 (10 in.) flour tortillas |
| 2 teaspoons chili powder | 1 cup shredded cheese |
| 1 cup canned chicken | sliced ripe olives (optional) |

In a saucepan, combine soup, corn, green onions, and chili powder; cook until onion is tender. Stir in chicken, sour cream, and milk; heat through but DO NOT BOIL. Place about 1/4 cup of the chicken mixture on each tortilla, roll up. Spread remaining chicken mixture in the bottom of a 12x7 1/2x2 inch baking dish. Place filled tortillas, seam side down, on the chicken mixture in the baking dish and cover with foil. Bake in a 350°F oven about 30 minutes or until heated through. Remove foil, sprinkle with cheese. Return to oven about 3 minutes more or until cheese is melted. Garnish with olives.

SPAGHETTI PIE

Makes 6 servings

- | | |
|--|------------------------------------|
| 6 ounces uncooked spaghetti | 1/4 cup chopped green pepper |
| 2 Tablespoons butter or margarine | 1 (8 oz) can tomatoes, cut up |
| 1/3 cup parmesan cheese | 1 (6 oz) can tomato paste |
| 2 well-beaten eggs | 1 teaspoon sugar |
| 1 cup lowfat cottage cheese | 1 teaspoon dried oregano, crushed |
| 1 pound ground beef | 1/2 teaspoon garlic powder |
| 1/2 cup chopped onion | 1/2 cup shredded mozzarella cheese |
| 1 (4 oz) can mushroom stems and pieces, drained (optional) | |

Cook spaghetti according to package directions; drain (should have about 3 cups cooked spaghetti). Stir butter into hot spaghetti. Stir in parmesan cheese and eggs. Mix well. Form spaghetti mixture into a "crust" in a buttered 10 inch pie plate. Spread cottage cheese over bottom of spaghetti crust.

In a skillet, cook ground beef, onion, mushrooms, and green pepper until meat is browned and onion and green pepper are tender. Drain off fat. Stir in undrained tomatoes, tomato paste, sugar, oregano, and garlic powder; heat through. Turn meat mixture into spaghetti crust. Bake, uncovered, in 350°F oven for 20 minutes. Sprinkle the cheese on top and bake 5 minutes longer or until cheese melts.

* reconstituted nonfat dry milk

STUFFED CABBAGE ROLLS

Makes 4 servings

2 quarts water	1/4 cup celery, diced
8 large cabbage leaves	1/4 cup onion, diced
1 1/2 cups canned pork	1 (8 oz) can tomato sauce
1 cup cooked rice	1/2 cup water
1 egg, slightly beaten	1/2 teaspoon oregano leaves
1/8 cup milk*	

In a large pot, heat 2 quarts water to boiling. Place cabbage leaves in water. Cover and remove from heat. Let stand until leaves are pliable, about 10 minutes. In the meantime, brown pork in a skillet over medium heat. Remove from heat. Add rice, egg, milk, celery, and onion. Mix well. Remove cabbage leaves from water. Place 1/2 cup of pork mixture on 2 cabbage leaves (doubled for extra strength), and roll and secure with toothpicks. Repeat this procedure, using 2 cabbage leaves for each pork roll. In a skillet with lid, mix tomato sauce, 1/2 cup water, and oregano leaves. Place the 4 cabbage rolls in the sauce. Cover and simmer for 30 minutes.

BEANIE-WIENIE-VEGGIE BEANS

Makes 2 servings

2 Tablespoons chopped onion	1/4 cup brown sugar
1 Tablespoon diced celery	1 (1 lb) can vegetarian beans
1 1/2 Tablespoons butter or margarine	4 beef wieners

In a skillet, brown onion and celery in butter until tender. Blend in brown sugar. Add vegetarian beans; mix well. Cut wieners into 1 inch pieces and add to bean mixture. Heat through.

CHILI CON CARNE

Makes 4 servings

1 pound ground beef	1 (16 oz) can kidney beans, drained
3/4 cup chopped green pepper	1 (8 oz) can tomato sauce
1 cup chopped onion	2 teaspoons chili powder
1 clove garlic, minced	1/2 teaspoon dried basil, crushed
1 (16 oz) can tomatoes, cut up, undrained	salt and pepper to taste

In a large kettle, cook ground beef, green pepper, onion, and garlic until meat is browned. Drain off fat. Stir in remaining ingredients. Bring to boil. Reduce heat. Cover and simmer for 20 minutes.

* reconstituted nonfat dry milk

PORK TACOS

Makes 2 servings

1 1/2 cups canned pork	1 cup shredded lettuce
1/4 cup onions, chopped	1/2 cup diced tomatoes
1 (1 1/4 oz) envelope taco seasoning mix	1 cup shredded cheese
	4 (6 in.) corn tortillas

Brown pork and onions in skillet. Drain excess fats and juices. Add taco seasoning mix to pork and stir to mix well. Cover and let simmer about 10 minutes. Divide the pork, lettuce, tomatoes, and cheese between 4 tortillas, fold taco style.

POTATO CRUST MEAT AND CHEESE

Makes 4 servings

1 cup mashed potatoes, made with reconstituted nonfat dry milk	2 cups canned beef or chicken, cut into pieces
1 Tablespoon prepared mustard	1/4 cup lowfat cottage cheese
	3/4 cup cheese, shredded

Mix mashed potatoes and mustard together. Spread evenly in bottom of greased 8 inch square baking pan. Add meat in a layer on top of potatoes. Mix cottage cheese and shredded cheese together until fairly smooth. Spread over meat. Bake at 350°F for 30 minutes.

BEEF ENCHILADAS

Makes 4 servings

1 (4 oz) can tomato sauce	pinch of salt
1/4 cup shortening	1/3 pound ground beef
2 Tablespoons flour	1/4 cup chopped onion
1/2 cup water	1/4 teaspoon chili powder
1 teaspoon chili powder plus 2-3 drops water	1/8 teaspoon salt
1/2 teaspoon vinegar	1/2 cup shredded cheese
1/8 teaspoon allspice (optional)	4 (10 in.) flour tortillas
	shredded cheese (optional)

Mix tomato sauce, shortening, and flour together in a saucepan; slowly add 1/2 cup water. Make a paste of 1 teaspoon chili powder and drops of water, add to sauce. Add vinegar, allspice, and pinch of salt. Simmer 1 hour or longer. Sauce will thicken. In separate skillet, cook beef until almost done; drain fat. Add onions, chili powder, 1/8 teaspoon salt, and 1/2 cup cheese and cook until cheese melts. Dip each tortilla in the warm sauce. Place large spoonful of meat in center. Roll tortilla and place in a baking dish, seam side down. Repeat with other tortillas. Pour remaining sauce over rolled tortillas. Top with more shredded cheese. Heat in oven at 350° for 30 minutes.

PORK BALLS TEMPURA

Makes 2 servings

2 cups canned pork	1 egg yolk
dry bread crumbs	1 cup cold water
1 cup flour	1 stiffly beaten egg white
2 Tablespoons cornstarch	

Mix pork with some bread crumbs until consistency is stiff enough to maintain shape of meatballs. Form pork mixture into meatballs. Set aside. Sift together flour and cornstarch. Combine egg yolk and water; add to dry ingredients. Stir slowly just until moistened; do not overbeat but leave a few lumps. Fold in egg white. Do not allow batter to stand more than a few minutes before starting to use. Dip meatballs into batter. Deep fry a few balls at a time in hot cooking oil (400°F) for 2-3 minutes or until golden brown. Drain. Serve with your choice of sauces for dipping.

Note: Use remaining tempura batter to coat thin pieces of raw vegetables such as sweet potato slices, green beans, cauliflower, or broccoli and deep fry as above.

SPAGHETTI AND MEATBALLS

Makes 2 servings

4 ounces spaghetti	1 (15 1/2 oz) jar spaghetti sauce
1/2 cup chopped onions	1 (4 oz) can mushroom pieces, drained
1/2 pound ground beef	(optional)
	grated parmesan cheese

Cook spaghetti according to package directions. Drain, keep warm. Mix onions with ground beef and form into small meatballs. Brown slowly in skillet until done, turning often. Drain meatballs on paper towels. Drain any fat from skillet and add spaghetti sauce and drained mushrooms. Add meatballs and simmer for 10 minutes. Serve sauce over spaghetti with parmesan cheese.

CHICKEN BAKED IN CORNFLAKES

Makes 4 servings

1 cup crushed cornflakes	1/2 cup evaporated milk
1/4 teaspoon salt	2 1/2-3 pound frying chicken, cut in
1/4 teaspoon pepper	serving pieces

Combine crushed cereal, salt, and pepper in a shallow dish. Put evaporated milk in another shallow dish. Dip chicken pieces first in milk, then roll in seasoned cereal crumbs. Place in a shallow baking pan, skin side up. For a crisper product, keep pieces separated. Bake at 350°F for about 1 hour.

CHEESY MACARONI AND SALMON PIE

Makes 3 servings

1/2 cup uncooked elbow macaroni
2 cups water
1/2 (15 oz) can salmon, drained
(reserve liquid)
1 egg**
1 1/8 (2 slices) cup soft bread
crumbs
1 stalk green onion, sliced

1 1/2 teaspoons lemon juice
1/8 teaspoon pepper
1/2 cup shredded cheese
1/4 cup milk*
1 egg**, beaten
1/8 teaspoon dried dillweed
1 1/2 teaspoons butter or margarine,
melted

Cook macaroni in 2 cups boiling water for 8-10 minutes or just until tender; drain. Meanwhile, drain salmon, reserving 1 1/2 Tablespoons liquid. Flake salmon. In a mixing bowl, beat 1 egg; stir in 3/4 cup bread crumbs, onion, lemon juice, pepper, and reserved salmon liquid. Add salmon, mix well. Press onto the bottom and sides of a 9 inch pie plate, forming a shell. Set aside. Combine cooked macaroni, cheese, milk, 1 egg, and dillweed. Turn mixture into the salmon shell. Toss remaining bread crumbs with butter; sprinkle over macaroni mixture. Bake, uncovered, in a 350°F oven for 30-35 minutes or until set. Let stand 5 minutes before serving. Garnish with additional dill, if desired. To serve, cut into wedges.

SALMONBURGERS

Makes 2 servings

1/2 (15 oz) can salmon, drained
(reserve liquid)
1/4 cup chopped onion
2 Tablespoons melted shortening
or oil
1/2 cup dry bread crumbs

1 egg**, beaten
1/2 teaspoon mustard
1/8 teaspoon salt
1/4 cup dry bread crumbs
shortening or oil for frying

Drain salmon reserving liquid. Break salmon into small pieces. Cook onion in shortening until tender. Add 1/2 cup crumbs, 1/4 cup salmon liquid, egg, mustard, salt, and salmon; mix well. Shape into 2 burgers. Roll in crumbs. Fry in hot shortening at moderate heat for 3-4 minutes on each side or until brown. Drain on paper towels. Serve on buns.

* reconstituted nonfat dry milk

** or dry egg mix equivalent

SKILLET MACARONI

Makes 2 servings

1/2 pound ground beef	3 ounces uncooked macaroni
1/2 cup onion, chopped	1/8 teaspoon salt
2 Tablespoons green pepper, chopped	1/2 teaspoon sugar
1 1/2 teaspoons oil	1/2 cup shredded cheese
1 (1 lb) can tomatoes	

Brown ground beef, onion, and green pepper in oil in skillet. Drain off fat. Stir in tomatoes, macaroni, and seasonings. Cover and simmer, stirring occasionally, for 20 minutes or until macaroni is tender. Add cheese, heat until melted.

FRIED CHICKEN

Makes 6 servings

2 1/2-3 pound broiler-fryer chicken, cut up	1/8 teaspoon garlic powder
3/4 cup flour	1/8 teaspoon cayenne pepper (optional)
1/2 cup cornmeal	1 egg, beaten
1/4 teaspoon salt	1 cup milk* or
1/2 teaspoon baking powder	1 1/4 cups buttermilk***
1/8 teaspoon poultry seasoning	2 Tablespoons cooking oil or shortening
	shortening or cooking oil for deep frying

In a large saucepan, cover chicken with water. Bring to boiling. Reduce heat. Cover and simmer for 20 minutes. Drain. Pat chicken dry with paper toweling. In a mixing bowl, combine flour, cornmeal, salt, baking powder, poultry seasoning, garlic powder, and cayenne. Stir together egg, milk, and oil. Combine with dry ingredients; beat until smooth. Dip chicken pieces, one at a time, into batter. Deep fry a few pieces at a time in oil (365°F) for 2-3 minutes or until golden brown. Drain well; keep warm while frying remaining chicken.

CHICKEN BREAST AND STUFFING CASSEROLE

Makes 2 servings

8 ounces chicken breast	6 Tablespoons milk*
3/4 (10 1/2 oz) can cream of mushroom or celery soup	2 cups herb stuffing mix (commercial type)

Cook chicken in water until tender. Remove meat from bones, place in shallow baking dish. Blend soup and milk (this will be easier if soup and milk are heated). Add to meat. Cover well with herb stuffing mix. Bake until stuffing is brown, about 20 minutes, at 375-400°F.

* reconstituted nonfat dry milk

*** 1 Tablespoon vinegar plus 1 cup milk will make buttermilk

Breads



WHITE BREAD

Makes 2 loaves

1 package active dry yeast	1 Tablespoon shortening
1/4 cup warm water (110-115°F)	1 teaspoon salt
2 cups milk*	5 3/4-6 1/4 cups flour
2 Tablespoons sugar	butter or margarine, melted

Soften yeast in warm water. In a saucepan, heat milk, sugar, shortening, and salt just until warm (115-120°F) and shortening is almost melted, stir constantly. Turn into a large mixing bowl. Stir in 2 cups flour; beat well. Add the softened yeast; stir until smooth. Stir in as much of the remaining flour as you can mix with a spoon. Turn out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6-8 minutes). (For instructions on kneading, see WIENER WRAP recipe in Soups & Sandwiches section). Shape into a ball. Place in a lightly greased bowl; turn once to grease surface. Cover; let rise in a warm place until double in size (about 1 1/2 hours).

Punch down; turn out onto a lightly floured surface. Divide dough in half. Shape into 2 balls. Cover, let rest 10 minutes. Grease 2 (8x4x2 inch) loaf pans. Shape each ball of dough into a loaf. Place in pans. Brush loaves with melted butter. Cover; let rise in a warm place until nearly double (45-60 minutes). Bake in a 375°F oven about 45 minutes or until bread tests done. Test by tapping the top of loaf with your finger. A hollow sound means the loaf is properly baked. Remove from pans; cool on a wire rack.

Note: To make bread in advance, prepare dough for WHITE BREAD. After dough has risen once, shape each ball of dough into a loaf and place in pans. Cover loaves loosely with clear plastic wrap. Refrigerate up to 24 hours. When ready to bake, remove bread from refrigerator and uncover. Brush with some melted butter. Let stand in a warm place until loaves nearly double; puncture any surface bubbles with a wooden pick. Bake as above. Cut into 16 slices per loaf.

* reconstituted nonfat dry milk

WHOLE-WHEAT BREAD

Makes 2 loaves

2 packages active dry yeast	2 cups milk*, scalded
2/3 cups lukewarm water	7 cups whole-wheat flour
1/2 cup brown sugar, packed	2 Tablespoons shortening, melted
1/2 Tablespoon salt	2 teaspoons all purpose flour

Add yeast to lukewarm water, stir in 1 teaspoon sugar and let soften 10 minutes. Add remaining sugar and salt to hot milk and cool to lukewarm in large mixing bowl. Stir yeast well into milk mixture. Beat in 3 cups whole-wheat flour, then the shortening. Add remaining whole-wheat flour gradually, mixing thoroughly. Turn out on board sprinkled with all purpose flour and knead 10 minutes. (For instructions on kneading, see WIENER WRAP recipe in Soups & Sandwiches section.) Return to clean, greased bowl; turn once to bring greased side up. Cover and let rise in warm place until double, about 1 hour. Turn out on board again; cut in half, shape into 2 balls. Cover with towels, let rest 10 minutes. Then shape into loaves. Place in well-greased loaf pans. Cover; let rise in warm place until double, about 1 hour. Bake in a moderately hot oven (400°F) 40 minutes or until done. Remove from pans to wire racks to cool, uncovered, away from drafts.

MASTER MIX

Makes 5 1/4 cups

2 1/4 cups all purpose flour	3/4 cup nonfat dry milk
3 Tablespoons double-acting baking powder	1 cup solid shortening
2 Tablespoons sugar	2 1/4 cups unsifted whole-wheat flour
1 teaspoon salt	

In a large bowl, sift together all purpose flour, baking powder, sugar, and salt (this removes lumps and helps mix ingredients). Stir in dry milk. Cut in shortening with 2 knives, pastry blender, or fingers until it looks like coarse cornmeal. Stir in whole-wheat flour; mix well. Store in covered container in refrigerator. Use within 3 months for biscuits and desserts (see recipes).

* reconstituted nonfat dry milk

BASIC BISCUITS

Makes 12-14 biscuits

1/2 cup water

2 cups MASTER MIX (see recipe)

Add water to MASTER MIX. Stir 20-25 times. Turn onto lightly floured board or wax paper and knead about 15 times. (For instructions on kneading, see WIENER WRAP recipe in Soups & Sandwiches section.) Roll to 1/2 inch thickness. Cut with a floured knife or cutter to make individual biscuits. Place on ungreased baking sheet. Bake at 425°F for 10 minutes.

Bacon Biscuits: Add 1/4 cup minced crisp cooked bacon to BASIC BISCUITS mix.

Cheese Biscuits: Add 1/3 cup grated cheese to BASIC BISCUITS mix.

HONEY LOAF

Makes 1 loaf

1 cup all purpose flour

1/2 teaspoon ground ginger

1 cup whole-wheat flour

1 egg**

1 1/2 teaspoons baking powder

1 cup milk*

1 teaspoon baking soda

1/2 cup honey

1/4 teaspoon salt

1/4 cup salad oil

1/2 teaspoon cinnamon

1/2 cup raisins (optional)

Preheat oven to 350°F. Line bottom of a 9x5x3 inch loaf pan with wax paper. In a large bowl, stir together both flours, baking powder, baking soda, salt, cinnamon, and ginger. In a medium bowl, beat egg until foamy; add milk, honey, and oil. Blend well. Add flour mixture and stir until moistened. Stir in raisins. Pour into prepared pan. Bake in 350°F oven until cake tester inserted in center comes out clean, 45-50 minutes. Turn out on a wire rack; remove wax paper, turn right side up. Cool completely.

* reconstituted nonfat dry milk

** or dry egg mix equivalent

QUICK RAISIN BREAD

Makes 1 loaf

2 cups all purpose flour	1/2 cup sugar
1 Tablespoon baking powder	1/2 cup dry egg mix, packed
1/8 teaspoon salt	1/3 cup water
1 teaspoon cinnamon	3/4 cup milk*
1/3 cup shortening	1 cup raisins

Mix flour, baking powder, salt, and cinnamon. Set aside. Mix shortening and sugar until smooth. Stir in egg mix and half of the water until smooth. Add rest of water and beat well. Mix half of the flour mixture and milk into egg mixture. Stir in rest of flour and milk just until smooth. Stir in raisins. Pour into a greased loaf pan. Bake at 350°F oven about 40 minutes or until browned. Cool bread in pan for 10 minutes before removing to wire rack.

FRY BREAD

Makes about 5 pieces

2 1/4 cups flour	1 Tablespoon nonfat dry milk
1 1/2 teaspoons baking powder	3/4 cup warm water
1/2 teaspoon salt	1/2-3/4 cup oil or shortening

Mix dry ingredients together in a mixing bowl. Stir in warm water. Mix and knead with hands for about 5 minutes until a soft dough forms. Dough will be easier to shape if at this point you let it stand for about 30 minutes. Then pinch off a piece of dough approximately the size of a lemon. Roll into a smooth ball. Pat ball between hands into a flat circle about 3/4 inch thick. Now pull on the edges in a circular motion, keep turning and pulling at the dough so it stretches to the size of a saucer. Flip vigorously back and forth between palms so it gets thinner and flatter. When it is about 8 inches across, stop; patch up any holes. Repeat process with rest of dough. Then heat about 1/2 cup oil in a hot skillet. Fry dough circles one at a time, dropping carefully into the hot fat. The dough will brown quickly and puff up. Turn and brown other side. Remove from skillet and drain on paper towels. If needed, add more oil as you fry. The thinner the dough is, the crisper and better it will turn out.

GARLIC BREAD

Makes 2 servings

2 slices french or white bread	1/2 teaspoon garlic powder
2 teaspoons butter or margarine	

Butter bread and sprinkle with garlic powder. Toast or broil until golden.

* reconstituted nonfat dry milk

REFRIGERATOR OATMEAL MUFFINS

Makes 15 muffins

1 1/4 cups whole-wheat flour
1 1/4 teaspoons baking soda
1 1/2 cups rolled oats
1/2 cup boiling water

1/4 cup butter or margarine, softened
1/2 cup sugar
1/8 cup wheat germ
1 egg**, slightly beaten
1 cup buttermilk***

Combine flour and soda; set aside. In a large bowl, stir together oats and boiling water; cool slightly. Stir in butter, sugar, wheat germ, egg, and buttermilk. Add flour mixture, stirring just until blended. Spoon directly into greased 2 1/2 inch muffin cups to about 3/4 full. Bake in a 375°F oven for 25 minutes, or until golden brown. Cool in pan about 5 minutes before removing.

FRESH APPLE-CINNAMON MUFFINS

Makes 12 muffins

1 1/2 cups flour
1/2 cup nonfat dry milk
1/3 cup sugar
2 teaspoons baking powder
1/2 teaspoon cinnamon
1/8 teaspoon salt
1 egg**

1/2 cup water
1 cup (1 medium) peeled, finely chopped apple
1/4 cup melted butter or margarine
1/3 cup chopped nuts
1/4 cup firmly packed brown sugar
1/2 teaspoon cinnamon

Combine flour, milk, sugar, baking powder, 1/2 teaspoon cinnamon, and salt in large bowl. Beat egg with water. Stir in apple and butter. Add all at once to flour mixture; stir just until moistened (batter will be very stiff). Fill greased 2 1/2 inch muffin cups 2/3 full. Combine nuts, brown sugar, and 1/2 teaspoon cinnamon. Sprinkle over each muffin. Bake in moderate oven (375°F) for 15-20 minutes. Remove from pan immediately. Serve warm.

** or dry egg mix equivalent

*** 1 Tablespoon vinegar plus 1 cup milk will make buttermilk.

CORNMEAL MIX

Makes about 5 3/4 cups

2 cups cornmeal
2 cups flour
2/3 cups nonfat dry milk

1/4 cup sugar
2 Tablespoons baking powder
1/4 teaspoon salt
1/2 cup shortening

Mix dry ingredients thoroughly. Cut in shortening with pastry blender, fork, or mixer until fine crumbs are obtained and shortening is evenly dispersed. Store in tightly covered container in refrigerator. Use within 3 months for CORNBREAD and CORNMEAL MUFFINS.

CORNBREAD #1

Makes 9 servings

1 cup flour
1 cup cornmeal
1/4 cup sugar
4 teaspoons baking powder

1/4 teaspoon salt
1/4 cup dry egg mix, packed
1 cup milk*
1/4 cup oil or melted shortening

Stir together flour, cornmeal, sugar, baking powder, and salt. Add egg mix, milk, and oil. Beat just until smooth (do not overbeat). Pour into a greased 9x9x2 inch baking pan. Bake in a 425°F oven for 20-25 minutes.

CORNBREAD #2

Makes 9 servings

1 egg**
1 cup water

2 1/2 cups CORNMEAL MIX

Lightly grease 8x8 inch baking pan. Mix egg and water thoroughly. Stir in mix until dry ingredients are barely moistened. Batter will be lumpy. Pour into pan. Bake until edges are browned and center is firm, about 25 minutes.

CORNMEAL MUFFINS

Makes 12 muffins

1 egg**
1 cup water

3 cups CORNMEAL MIX

Lightly grease muffin tins. Mix egg and water thoroughly. Stir into mix until dry ingredients are barely moistened. Batter will be lumpy. Fill muffin tins 2/3 full. Bake until lightly browned, about 20 minutes.

* reconstituted nonfat dry milk
** or dry egg mix equivalent

Desserts



FARINA DOUGHNUTS

Makes about 12 small doughnuts

cooking oil or shortening
1/2 cup egg mix
1/2 cup farina
1/3 cup nonfat dry milk
4 cups flour
3/4 cup sugar

5 teaspoons baking powder
1/4 teaspoon salt
1 teaspoon cinnamon
1 3/4 cups water
2 Tablespoons melted butter or margarine

Heat oil (2-3 inches) in heavy saucepan. Put dry ingredients in a bowl and mix well. Pour in water and melted butter. Mix well. Drop by teaspoonful into hot oil. Watch oil carefully so it does not get too hot. Remove browned doughnuts and drain on paper towels. Roll in powdered sugar or cinnamon sugar or serve plain.

DEEP-DISH PLUM PIE

Makes 1 pie

2 cups MASTER MIX
(see Breads section)
4 Tablespoons shortening
1/4 cup water

1 (29 oz) can plums, drained, pitted,
and cut-up
1/2 cup sugar
1/8 cup butter or margarine

Mix together first 3 ingredients as you would pie crust and divide for 2 crusts. Put 1 crust into 9 inch deep-dish pie pan. Mix plums and sugar well. Pour plums into crust-lined pie pan. Dot with butter. Place second crust over plums; use fork to pierce crust. Bake at 350°F for 30 minutes or until crust is brown.

WHOLE-WHEAT APPLESAUCE CAKE

Makes 20 servings

3 cups whole-wheat flour
2 teaspoons baking powder
1 1/2 teaspoons baking powder
1/8 teaspoon salt
1 teaspoon nutmeg
1/2 teaspoon cloves

3/4 cup shortening
1 1/4 cups sugar
3 eggs**, well beaten
1 1/2 cups applesauce
1/2 cup broken walnut pieces (optional)

Mix first 6 ingredients together. Reserve a portion (about 1/4 cup) to dredge nuts. Cream shortening and sugar until light and fluffy. Add beaten eggs. Add applesauce to the mixture alternately with dry ingredients, beating until smooth after each addition. Mix nuts with reserved flour and stir into the batter. Bake in a well-greased 9x13 inch pan or tube cake pan at 350°F, 45-50 minutes.

** or dry egg mix equivalent

APRICOT COBBLER

Makes 6 servings

1 1/2 cups (17 oz can) apricots	2 teaspoons baking powder
1 teaspoon cornstarch	2 Tablespoons shortening
3/4 cup flour	1/8 cup water
2 Tablespoons nonfat dry milk	cinnamon

Drain fruit, reserving liquid. Measure 2/3 cup liquid and mix with cornstarch. Cook over low heat, stirring constantly, until thickened. Add fruit to sauce, heat; then pour into an ungreased 9x13 inch baking pan. Combine flour, milk, and baking powder. Add shortening and water; mix well. Knead 10-12 times. (For instructions on kneading, see WIENER WRAP recipe in Soups & Sandwiches section.) Form dough into small balls, flatten, and place on top of fruit. Sprinkle cinnamon over top. Bake in 425°F oven for 18 minutes.

DOUGHNUTS WITHOUT HOLES

Makes about 10 doughnuts

1/4 cup nonfat dry milk	1/2 teaspoon nutmeg
2 cups flour	1 egg**
1/4 cup sugar	3/4 cup water
4 teaspoons baking powder	1/4 cup shortening
1/4 teaspoon salt	

Combine all dry ingredients. Beat egg. Add to 3/4 cup water; beat. Add egg mixture to dry ingredients. With fork, stir until well mixed. Fry by teaspoonfuls of mixture in hot shortening until golden brown (about 3 minutes); turn once. Drain on paper towels. Roll in sugar, if desired.

FARINA COOKIES

Makes 3 dozen

1/4 cup shortening	1/4 cup farina
1/4 cup sugar	1 teaspoon baking powder
1/4 teaspoon vanilla	1/4 teaspoon nutmeg
1 egg**	1/4 teaspoon cinnamon
3/4 cup flour	

Cream shortening and sugar. Add vanilla and egg. Combine dry ingredients. Add to creamed mixture and mix. Shape into small balls, place on greased cookie sheet, and flatten with a glass dipped in sugar. Bake at 400°F, 6 minutes or until light brown.

** or dry egg mix equivalent

CHAT-AND-CHEW BARS

Makes 3 dozen 2 inch squares

4 cups uncooked oatmeal	1/2 cup honey or corn syrup
1 1/2 cups chopped nuts	1 teaspoon vanilla
1 cup brown sugar	1/4 teaspoon salt
3/4 cup melted butter or margarine	

Combine all ingredients. Press firmly into well-greased 9x13 inch pan. Bake at 450°F for 15-18 minutes, or until brown and bubbly. Cool and cut into bars.

PINTO BEAN FIESTA CAKE

Makes 6 servings

3/4 cup sugar	1 teaspoon baking soda
1/4 cup butter or margarine	1/8 teaspoon salt
1 1/2 teaspoons vanilla	1 teaspoon cinnamon
1 egg**, beaten	1 teaspoon cloves
2 cups cooked well-drained mashed pinto beans	1 teaspoon allspice
1 cup flour	2 cups diced raw apples
	1 cup raisins
	1/2 cup chopped nuts

Cream sugar and butter with vanilla. Add eggs and beans. Sift dry ingredients and add to creamed mixture. Stir in apples, raisins, and nuts. Pour into greased tube pan or a 9x13 inch pan. Bake at 375°F for 45 minutes. Serve plain or with ORANGE BLOSSOM BUTTER (see Sauces & Dressings section).

PLUM PUDDING

Makes 9 servings

3 slices bread, torn into pieces	1/3 cup chopped walnuts
5 1/3 ounces evaporated milk	3/4 cup flour
3/4 cup packed brown sugar	1 1/2 teaspoons cinnamon
1 beaten egg**	3/4 teaspoon baking soda
1/4 cup orange juice	3/4 teaspoon ground cloves
1/2 teaspoon vanilla	3/4 teaspoon mace
1 (29 oz) can plums, drained, pitted, and cut up	1/8 teaspoon salt

In a large bowl, soak bread pieces in evaporated milk about 3 minutes or until softened; beat lightly to break up. Stir in brown sugar, egg, orange juice, and vanilla. Add plums and walnuts. Combine remaining ingredients. Add to fruit mixture; stir until combined. Turn mixture into a well-greased 3 pound shortening can. Cover with foil, pressing foil tightly against rim of the can, and tie with a string to hold foil to can. Place on a rack in a deep kettle; add boiling water to a depth of 1 inch. Cover kettle; boil gently (bubbles break surface of water) and steam 4 hours or until done. Add more boiling water, if necessary. Cool 10 minutes before unmolding. Serve warm.

** or dry egg mix equivalent

PRUNE-FILLED OATMEAL BARS

Makes 30 bars

Crumb Mixture

1 1/2 cups flour	1/2 teaspoon baking soda
1 1/2 cups rolled oats	1/2 cup butter or margarine
3/4 cup packed brown sugar	prune filling

Prune Filling

1 cup chopped, pitted prunes	1/2 cup packed brown sugar
2/3 cups water	1/4 cup chopped walnuts
1/2 (6 oz) can (1/3 cup) lemonade concentrate	2 teaspoons flour

Mix thoroughly 1 1/2 cups flour, oats, 3/4 cup brown sugar, and soda. Cut in butter until mixture is crumbly. Pat 2/3 of the crumbs in the bottom of an ungreased 9x13 inch baking pan; spread with prune filling.* Sprinkle with remaining crumbs. Bake in a 375°F oven for 25-30 minutes. Cool on a wire rack. Cut into bars.

* To make filling, in a saucepan combine prunes, water, and lemonade. Cover; simmer 5 minutes. Mix 1/2 cup brown sugar, walnuts, and 2 teaspoons flour; stir into prune mixture. Cook, stirring, until very thick. While still warm, spread atop crumb mixture as directed above.

FRESH, RAW VEGETABLE SNACK SUGGESTIONS

Broccoli	Lettuce wedges
Cabbage wedges	Mixed vegetable juice
Carrot sticks or curls	Tomatoes
Cauliflower	Tomato juice
Celery sticks	Tossed salad
Cucumber rings or sticks	Turnip sticks
Fresh green peas, shelled	Zucchini strips
Green or red pepper sticks	

Breakfast Recipes



LOWFAT MILK

Makes 2 quarts

1 cup nonfat dry milk
1 cup warm water

3 3/4 cups cold water
1 (13 oz) can evaporated milk

Combine dry milk and warm water to make smooth paste. Add cold water and evaporated milk; mix well. Store in refrigerator.

COCOA MIX

Makes about 6 1/2 cups mix

5 cups nonfat dry milk
3/4 cup sugar

3/4 cup cocoa

Blend all ingredients together. Store in a dry place and use as needed.

For 2 cups cocoa: Stir 3/4 cup cocoa mix in a pan with 1 1/2 cups water. Heat quickly to boiling. Lower heat and (stirring constantly) heat 3 minutes. Serve hot or chilled.

(Ventura Co. Health Dept., California, "Tasty Foods Using Nonfat Dry Milk")

FRUIT DRINK

Makes 4 servings

1 cup nonfat dry milk
3 cups water

1/2 cup mashed or strained canned fruit
1 cup leftover juice from canned fruit

Sprinkle dry milk on top of water and mix well. Add mashed or strained fruit and juice to liquid milk; mix well. Chill. Store in covered container in refrigerator. (Peaches or apricots are very good in this recipe!)

SCRAMBLED EGGS

Makes 2 servings

1/2 cup dry egg mix, packed
1/2 cup warm water

2 teaspoons butter or margarine

Mix egg mix and water in a bowl. Beat until well mixed. Pour into a heated, buttered skillet. Cook and stir over medium heat until eggs are firm.

Variation: When eggs begin to get firm, sprinkle 1/3 cup grated cheese over top. Cook until cheese is melted.

CHEESE OMELETTE

Makes 2 servings

1 Tablespoon butter or margarine	3-4 Tablespoons milk
4 well-beaten eggs	pepper to taste
	1/3 cup grated cheese

Heat butter in large skillet over moderate heat. In a bowl, beat eggs, milk, and pepper. Pour mixture into hot skillet. Sprinkle cheese over the top. Cook over low heat. Lift edges and tip pan as needed to let uncooked mixture flow underneath. Gently lift half of the egg mixture with spatula and fold over in omelette.

POACHED EGGS

Makes 2 servings

butter, margarine, or shortening	2 eggs
water	

Lightly grease a 10 inch skillet to poach eggs. (Or, use a small saucepan to poach 1 egg.) Add enough water to half fill skillet; bring to boil. Reduce heat to simmer. Break egg into a small dish. Carefully slide egg into water, holding lip of dish as close to water as possible. Repeat with remaining egg so that each has an equal amount of space. Simmer, uncovered, 3-5 minutes or to desired doneness. Lift out with a slotted spoon. Serve on lightly buttered toast or English muffin (split and toasted), if desired.

HARD-COOKED OR SOFT-COOKED EGGS

Place eggs in a pan roomy enough to hold them without crowding. Cover with cold water to at least 1 inch. Heat water over high heat until it comes to a full boil. Remove pan from heat, cover tightly, and let stand: 15 minutes for hard-cooked; 2 minutes for medium-soft. Drain off the hot water and run cold water over eggs to prevent further cooking. This makes removing shells easier if eggs are to be peeled right away. Promptly refrigerate any hard-cooked eggs that are for later use.

EGG A LA KING

Makes 2 servings

1/2 cup chopped celery	1/4 cup milk*
1/8 cup chopped green pepper	1/2 cup grated cheese
1/8 cup chopped onion	2 hard-cooked eggs
1 Tablespoon oil	3 stuffed green olives, sliced (optional)
1/2 (10 1/2 oz) can cream of celery soup	

Cook celery, green pepper, and onions in hot oil until tender but not brown. Stir in soup, milk, and cheese; heat and stir until cheese melts. Slice eggs; reserve several slices for garnish. Chop remaining eggs and add to sauce along with green olives; heat. Serve on hot buttered toast; garnish with reserved egg slices.

OATMEAL

Makes 2 servings

2 cups water	1 cup rolled oats
1/8 teaspoon salt	milk and/or honey (optional)

Bring water and salt to a boil. Slowly stir oatmeal into boiling water. Lower heat to medium. Cover and boil gently, about 3 minutes, stirring to keep from sticking. Serve hot with milk and/or honey.

FARINA

Makes 2 servings

2 cups water	1/3 cup farina
pinch of salt	milk and/or honey (optional)

Bring water and salt to a boil. Sprinkle farina over boiling water, stirring to prevent lumps. Lower heat to medium. Cook 3 minutes, stirring to prevent sticking. Serve hot with milk and/or honey.

COOKED RICE CEREAL

Makes 2 servings

1 cup hot cooked rice	cinnamon
milk	other toppings (optional)
sugar	

Prepare rice according to package directions. Serve hot cooked rice with milk and sugar. A sprinkle of cinnamon adds a good flavor. Top with fresh, canned, or frozen (thawed) fruit, raisins, or chopped prunes.

* reconstituted nonfat dry milk

PEANUT BUTTER-CORNMEAL PANCAKES

Makes 2 servings

1/2 cup cornmeal	1/8 teaspoon salt
1/2 cup sifted flour	1 Tablespoon peanut butter
1 teaspoon baking powder	1 egg, beaten
1 1/2 teaspoons sugar (optional)	7/8 cup milk*

Sift first 5 ingredients together. In a separate bowl, combine peanut butter, egg, and milk. Add to the dry mixture; stir only enough to moisten flour. Drop by spoonfuls onto hot, greased griddle or heavy metal skillet. Cook slowly until surface is covered with bubbles, turn and brown the other side.

FARINA PANCAKES

Makes 8, 5 inch pancakes

1 egg**	1 1/2 teaspoons baking powder
2/3 cup flour	1 1/2 teaspoons sugar
1/3 cup farina	1 cup sour milk (mix 1 teaspoon vinegar with 1 cup milk*)
1/2 teaspoon baking soda	1-2 Tablespoons oil
1/8 teaspoon salt	

Combine all ingredients; beat until smooth. Bake on hot, greased griddle or skillet. For a lighter batter, add more milk.

BEEFY-CHEESY POTATO PANCAKES

Makes 6 patties

2 Tablespoons butter or margarine	1/2 teaspoon instant minced onion
1 cup water	1/2 cup shredded cheese
1/3 cup milk*	1/3 cup chopped canned beef
1 1/2 cups instant mashed potato flakes	1/4 cup flour

Bring butter and water to boil. Remove from heat, stir in milk, potato flakes, and minced onion. Stir cheese and beef into hot mashed potatoes. Chill. Shape mixture into 6 patties; dip into flour. Fry slowly in butter or shortening on both sides until golden brown.

For Crunch Crust Patties: Prepare potato patties as above EXCEPT dip chilled patties into DRY mashed potato flakes instead of flour.

* reconstituted nonfat dry milk

** or dry egg mix equivalent

OATMEAL PANCAKES

Makes 8 pancakes

1/2 cup rolled oats	1/8 teaspoon salt
2 Tablespoons flour	1/4 cup dry egg mix
1 teaspoon sugar	2/3 cup milk*
1 teaspoon baking powder	1-2 Tablespoons oil

Mix dry ingredients in a bowl. Add milk and oil. Beat until well mixed. Let stand 5 minutes. Drop by spoonfuls onto a heated, greased skillet. Spread quickly with a spoon. Cook until covered with bubbles. Turn and brown the other side.

PEANUT BUTTER FRENCH TOAST

Makes 2 servings

1/4 cup peanut butter	1 egg
1/8 cup honey	1/4 cup milk*
4 slices bread	1 Tablespoon butter or margarine

Blend peanut butter and honey. Place half of the blended mixture between 2 bread slices to make a sandwich. Repeat this with the remaining peanut butter-honey mixture and 2 bread slices. Combine egg and milk in a bowl. Soak sandwiches in egg-milk mixture, one at a time, both sides. Melt butter in a baking pan or skillet.

If using a baking pan, heat oven to 400°F. Bake sandwiches about 4 minutes. Turn sandwiches to brown on both sides; or

If using a skillet, cook slowly on medium heat, turning until browned on both sides.

CORNMEAL FRENCH TOAST

Makes 2 servings

1/2 cup milk*	1/2 teaspoon butter or margarine
1 egg, beaten	4 slices bread
1/2 teaspoon cinnamon	1/4 cup cornmeal

Mix milk, egg, and cinnamon thoroughly. Melt butter on griddle or skillet. Dip each side of bread in milk mixture. Sprinkle 1/2 Tablespoon cornmeal on one side of dipped bread; place bread, cornmeal side down, on griddle or skillet. Sprinkle 1/2 Tablespoon cornmeal on top of bread. Repeat with remaining bread slices. Brown on both sides, about 5 minutes per side. Serve immediately.

* reconstituted nonfat dry milk

CREAMY HAMBURGER GRAVY

Makes 4 servings

1/2 pound ground beef	salt and pepper to taste
1/8 cup flour	1 cup water
1/4 cup nonfat dry milk	

Brown ground beef in skillet. Break into small pieces with fork or spoon. Drain off fat. Mix flour and dry milk and sprinkle over beef. Mix well. Add salt and pepper. Stir in water and cook until thick. Serve with baking powder or BASIC BISCUITS (see Breads section).

CREAMED TUNA

Makes 2 servings

1 Tablespoon butter or margarine	2/3 cup milk*
1 teaspoon finely chopped onion	1/4 cup MOCK SOUR CREAM (see Sauces & Dressings section)
1 1/2 Tablespoons flour	3-4 ounces tuna, drained
dash pepper	1 teaspoon chopped parsley (optional)

Melt butter in a saucepan; add onion and cook until tender. Blend in flour, and pepper. Add milk all at once; cook quickly, stirring constantly, until mixture thickens. Stir about 1/2 cup of the hot milk mixture into the sour cream and mix thoroughly; return to milk mixture in saucepan. Add tuna and parsley. Heat through. Serve over hot toast.

INDIVIDUAL INDIAN PUDDINGS

Makes 2 servings

3/4 cup milk*	1/8 teaspoon salt
1/3 cup cornmeal	1/8 teaspoon cinnamon
1 egg, beaten	nutmeg
1/4 cup light corn syrup	1 Tablespoon butter or margarine (to grease custard cups)

Mix milk and cornmeal in 1 quart saucepan. Bring to a boil over medium-high heat. Reduce heat. Cook over low heat 2-3 minutes or until thickened, stirring frequently. Remove from heat. Stir small amount of cornmeal mixture into egg; gradually stir egg mixture into cornmeal mixture. Add remaining ingredients except nutmeg; mix well. Pour half of mixture into each of 2 greased 6 ounce custard cups; sprinkle with nutmeg. Set cups in baking pan on oven rack; pour hot water into baking pan around custard cups to within 1 inch of top. Bake in preheated oven at 300°F about 1 hour or until set. Let stand 30 minutes. Serve warm or cold with cream or ice cream, if desired.

* reconstituted nonfat dry milk

BACON SPOON BREAD

Makes 2-3 servings

6 Tablespoons cornmeal	1/2 cup milk*
3/4 cup cold water	2 well-beaten egg yolks
1 cup shredded cheese	1/4 pound (5 slices) sliced bacon, crisp
1/8 cup butter or margarine	cooked, drained
1 clove garlic, crushed	2 stiffly beaten egg whites

Combine cornmeal and water; cook, stirring constantly, until consistency of mush. Remove from heat; add next 3 ingredients; stir to melt cheese. Gradually add milk. Stir in egg yolks. Crumble bacon, reserve some for garnish; add to cornmeal mixture. Fold in egg whites. Pour into greased 1 quart souffle dish. Bake at 325°F for 65 minutes or until done. Spoon into warm dishes; top with reserved bacon. Serve immediately.

* reconstituted nonfat dry milk

Index

A

Apricot Cobbler, 45

B

Bacon Spoon Bread, 55
Baked Acorn Squash and Applesauce, 25
Basic Biscuits, 39
Basic Salad Dressing, 22
Beanie-Wienie-Veggie Beans, 31
Beef Enchiladas, 32
Beef Roll, 28
Beef-Spaghetti Soup, 14
Beefy Gravy Over Rice, 27
Beefy-Cheesy Potato Pancakes, 52

C

Chat-and-Chew Bars, 46
Cheese Chowder, 13
Cheese Omelette, 50
Cheese-Potato Balls, 24
Cheesy Broccoli Soup, 12
Cheesy Macaroni and Salmon Pie, 34
Chicken Baked in Cornflakes, 33
Chicken Breast and Stuffing Casserole, 35
Chicken Enchiladas, 30
Chicken Tetrazzini, 27
Chicken-Vegetable Chowder, 12
Chili Con Carne, 31
Cocoa Mix, 49
Cooked Rice Cereal, 51
Corn Dogs, 17
Cornbread #1, 42
Cornbread #2, 42
Cornmeal French Toast, 53
Cornmeal Mix, 42
Cornmeal Muffins, 42
Creamed Tuna, 54
Creamy Chicken-Rice Casserole, 29
Creamy Corn Chowder, 13
Creamy Hamburger Gravy, 54
Creamy Potato Soup, 12

D

Deep-Dish Plum Pie, 44
Doughnuts without Holes, 45

E

Egg a la King, 51

F

Farina, 51

Farina Cookies, 45

Farina Doughnuts, 44

Farina Pancakes, 52

Frankinbean Soup, 14

Fresh, Raw Vegetable Snack Suggestions, 47

Fresh Apple-Cinnamon Muffins, 41

Fried Chicken, 35

Fried Rice, 25

Fruit Drink, 49

Fruit Salad Dressing, 22

Fry Bread, 40

G

Garlic Bread, 40

Grilled Cheese Sandwich, 16

H

Hard-Cooked or Soft-Cooked Eggs, 50

Herbed Tomato Soup, 11

Honey Loaf, 39

Honey-Butter Sauce, 21

I

Individual Indian Puddings, 54

L

Lemon-Butter Sauce, 21

Lima Bean Soup with Ham, 11

Lowfat Milk, 49

M

Macaroni and Cheese, 27

Maple-Baked Limas, 25

Maple Flavored Syrup, 21

Marinated Green Bean Salad, 19

Master Mix, 38

Meatball Stew Pot Pies, 29

Meatloaf with Spinach Surprise, 28

Mock Sour Cream, 22

O

Oatmeal, 51
Oatmeal Pancakes, 53
Orange Blossom Butter, 21

P

Peanut Butter and Honey Sandwich, 16
Peanut Butter French Toast, 53
Peanut Butter-Apple Sandwich, 16
Peanut Butter-Banana Sandwich, 17
Peanut Butter-Cornmeal Pancakes, 52
Peggy's Pasta and Pork, 28
Pinto Bean Fiesta Cake, 46
Plum Pudding, 46
Poached Eggs, 50
Pork Balls Tempura, 33
Pork Tacos, 32
Potato Crust Meat and Cheese, 32
Potato Salad, 19
Prune-Filled Oatmeal Bars, 47

Q

Quick Raisin Bread, 40

R

Refried Beans, 24
Refrigerator Oatmeal Muffins, 41

S

Salmonburgers, 34
Scrambled Eggs, 49
Skillet Macaroni, 35
Spaghetti and Meatballs, 33
Spaghetti Pie, 30
Stuffed Cabbage Rolls, 31

T

Tartar Sauce, 21
Tomato Sauce, 22
Tuna Salad Sandwich, 16
Tuna Salad Supreme, 19

V

Vegetable Soup with Chicken and Rice, 15
Vegetable-Beef Soup, 14
Vegetable-Macaroni Soup, 13

W

White Bread, 37
Whole-Wheat Applesauce Cake, 44
Whole-Wheat Bread, 38
Wiener Wraps, 17

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